

Woman's Page

How to Fight the High Cost of Living

Tea Time in the Nursery—Cakes For the Children That Are Tempting to the Eye as Well as Wholesome, a Delight to Children—Care of the Neck and Some Advice to the Summer Woman—Canning Suggestions and Kitchen Conveniences—How to Make Them.

TEA TIME IN THE NURSERY

A careful mother brought up all her children on the plainest and most nourishing food possible, with no fancy pastry or rich cakes, as she believed in bread and butter, and a little good jam, with, for Sundays, a substantial, old-fashioned raisin cake. But when they got old enough to be spending pocket money, she discovered that most of their pennies went to the corner confectioner in exchange for rich-looking cream puffs and highly decorated luns of all sorts.

She said: "They weren't hungry, that I knew, but eight-year-old Jim told me straight out one day that all the cakes I made were 'so uninteresting.' The luns at the confectioner's looked so exciting they couldn't help buying them. That set me thinking, and I had to admit that my plain cakes had nothing much to recommend them except their wholesome qualities."

"I made up my mind that if the children were longing for 'exciting' cakes, it wouldn't hurt them to have some now and again, so long as they were made at home, of reliable materials. I hunted up all the cake recipes I could, and by-and-by I had adapted quite a number of wholesome but tempting looking dainties."

"My triumph was complete when Jim, the other day, passed the confectioner's with pocket money intact because 'those bought things are so uninteresting after mother's cakes.'"

CARE OF THE NECK

During the season of cool, low-necked dresses, the care of the neck is most important. After a hot windy day there may be dark rings around the neck. To keep this dark ring from becoming permanent, rub a good cleansing cream on a cloth that has been dipped into hot water, and rub the cream thoroughly into the skin, wiping off with a dry cloth, and following by a wash in good soap and water. When taking a bath, see that the neck is not cheated out of the soaking it needs to keep it soft. After cleansing as above suggested, the juice of a lemon, mixed with juice of a cucumber, makes a splendid bleach. The cucumbers should be sliced, peeled and all, and cooked in a double boiler, until the juice can be poured through a coarse cloth.

The girl with the long face and neck should choose the square and round necked dresses, and the round-faced girl can wear the V-shaped neck more becomingly. If the neck and shoulders are thin and bony, massage every evening with cocoa butter. This will not fail to fatten the neck within two weeks. The neck should be the same color as the face is. If the neck is yellow, apply a lotion made as follows: Four ounces of alcohol, two ounces of rosewater, fifteen drops of tincture of benzoin.

Of course the carriage of the head has much to do with the lines of the neck. A drooping, sagging chin can not give pretty lines to the neck. Hold your chin straight, neither tilted forward or backward. Hold the shoulders straight, but not high. A beautiful neck and shoulders are as attractive as a beautiful face, and are easily gained, with only a little effort.

SOME CANNING SUGGESTIONS

Fruit may be cooked in the jar or in a saucepan and then transferred to the jar. If cooked in a saucepan no more sugar should be used than would be desirable if it were to be eaten fresh.

To preserve the original taste and color it should be cooked as little as consistent with good keeping and handled very carefully. Fruit cooked in the jars in which it is to be kept has a better flavor and color.

Fruit may be cooked in this way by the use of the time-honored glass can with a screw-top, or by the use of any of the new wide-mouthed jars.

Fruit canned in this way is put into the jars uncooked, covered with syrup made of sugar and water and cooked in boiling water until done, the length of time depending upon the articles, but makes the cans much less liable to break. When the water boils around the cans, remove as needed, they are to be filled with hot fruit, set out one at a time on a cloth wrung out of boiling water, and fill at once with hot fruit. Covers should be sterilized, as well as all spoons and basins used. Always use new rubbers.

Canning by cooking the fruit in the jars is much simplified by the use of a patent canner, which may be found at kitchen furnishing stores.

SOME KITCHEN CONVENIENCES

The fireless cooker is not only a convenience, but a saver. Any housekeeper can make one out of a box, trunk, pall or ice box. Hay is used for packing. If soapstones are used they are heated and put in beside the dish containing the hot food. They may be placed either above or below

the dish. If several soapstones are at hand, they may be placed each side as well as above and below.

Fireless cookers are especially helpful during the hot months. All meats which require long, slow cooking are especially nice when cooked in the "fireless." Young, fresh vegetables which require only a short time for cooking are better cooked on top of the stove.

Recovered From Severe Lung Trouble

While we all know that plenty of fresh air and good food are necessary to persons suffering from lung trouble, something more is needed to bring about full health. Eckman's Alternative is a medicine for throat and lung troubles, and so many reports have been received showing that it brought about good results in a number of cases which were declared hopeless, that all sufferers who are not benefitting otherwise should at least investigate what it has done for others. It may be the means of restoring you to health. Investigate this case:

Madison Lake, Minn. "Gentlemen:—In December, 1908, and March, 1909, I was taken with hemorrhages of the lungs which confined me several weeks, each time to my bed. These left me very weak and I coughed at nights and could not sleep. My appetite also failed me. My doctor advised me to go West. So, in September, 1909, I planned to go, but I had four more hemorrhages, which put me in bed for three weeks.

"In November I started for Denver, Colo. After my arrival I met Michael Brody, who, upon learning of my condition, urged me to take Eckman's Alternative. In about two months I began to feel better. I kept on taking the medicine and improved fast. In March, 1910, I returned home. I think I am entirely well, have a good appetite and sleep well. When I left Denver my weight was 130 pounds. I now weigh 165, my normal weight. I thank God and your Alternative for my health. If I can help any other person suffering from Tuberculosis, I will gladly do so."

(Sworn Affidavit) PAUL L. FASNAUGHT, Eckman's Alternative is effective in Bronchitis, Asthma, Hay Fever, Throat and Lung Troubles, and in up-building the system. Does not contain poisons, opiates or habit-forming drugs. For sale by The Cave Drug Co., Marshall Drug Co., Caley Drug Co., A. R. McIntyre, The Badger Pharmacy, T. H. Carr and other leading druggists. Ask for booklet telling of recoveries, and write to Eckman Laboratory, Philadelphia, Pa., for additional evidence.

WOMAN'S RELIEF CORPS NO. 2, AUXILIARY TO DIX LOGAN POST, Congregational Church, Adams Ave. Co-operating With

NATIONAL SOCIETY FOR BROADER EDUCATION Presents

LUCIA LACOSTA And Associated Artists in Song Recitals

At Day Break: June 26, 1913, 8:15 p. m.

Noon in the Rose Garden: Matinee June 27, 1913, 3:00 p. m.

NEW BOOKS AT CARNEGIE LIBRARY

The following are new books now ready at the Carnegie library: Carleton, William, New Lives for Old. Chubb, A. L., Elements of Western Water Law. Crampton & Tolman, Hygiene for the Worker. Farmer, F. M., New Book of Cookery.

Always Reliable Relief from the ailments caused by disordered stomach, torpid liver, irregular bowels is given—quickly, safely, and assuredly—by the tried and reliable

BEECHAM'S PILLS Sold everywhere. In boxes, 10c., 25c.

SCREEN DOORS

Call at Volker Lumber Company and select your SCREEN DOOR. We have a large assortment and can give you satisfaction. PRICES LOWER THAN ANYWHERE IN THE STATE.

Keep out the flies—If you want to build, call at our yard—we have the largest and best stock in town at the lowest prices. If you intend to build, call at our office and examine our plans. We will furnish you plans and specifications for the nicest BUNGALOWS you have ever seen.

Volker Lumber Co. Yards at 237-245 24th St. J. W. F. VOLKER, Manager Phone 612.

Fowler & Wheeler, Handbook of Greek Archaeology. Gibbons, Cardinal, The Faith of Our Fathers. Gross, Anthony, Lincoln's Own Stories. Jewett, Stephen, God's Troubadour (Saint Francis of Assisi). Purdy, H. T., San Francisco As It Was, and How to See It. Webb, W. L., Railroad Engineering. Will, A. S., Life of Cardinal Gibbons. Miller, Joaquin, Poems, 6 volumes. Rent Collection of Recent Fiction. Bower, B. M., The Uphill Climb. Barclay, Mrs. H., A Dream of Blue Roses. Churchill, Winston, Inside of the Cup. Edwards, Albert, Comrade Yetta. Franck, H. A., Zone Police. Harrison, H. S., V. V.'s Eyes. Herrick, Robert, One Woman's Life. Silberrad, U. L., Success. Ray, A. C., On Board the Beetle.

Colored people's dance at The Hermitage, on June 26. Come and see the dance.

WEATHER FORECAST

Weather forecast for Salt Lake City: Local showers Wednesday; cloudy Thursday. Comparative weather data at Salt Lake City, June 24, 1913:

Highest temperature today was 71 degrees; highest in this month since 1874 was 101 degrees; lowest last night was 54 degrees; lowest this month since 1874 was 33 degrees; mean temperature for today was 62 degrees; normal was 71 degrees; accumulated excess since the first of the month is 50 degrees; accumulated deficiency since January 1 is 40 degrees; relative humidity at 6 a. m. today was 81 per cent; relative humidity at 6 p. m. today was 54 per cent.

Total precipitation for the twenty-four hours ending at 6 p. m. was 12 of an inch; total for this month to date is 1.09 inches; accumulated excess for the month to date is .36 of an inch; total precipitation since January 1 to date is 8.59 inches; accumulated deficiency since January 1 is 1.95 inches.

Sun rises 4:57 a. m.; sun sets 8:04 p. m. June 25, 1913.

WEATHER OBSERVATIONS.

	6 p. m. High.	Low.
Salt Lake City	69	54
Boise	66	52
Chicago	58	72
Denver	78	50
Helena	63	48
Jacksonville	73	58
Kansas City	68	54
Los Angeles	68	72
New Orleans	82	60
New York	68	78
Oklahoma	68	72
Pocatello	64	56
St. Louis	74	58
San Francisco	62	56
Washington	76	64
Winnemucca	69	52

Free Concert at the Hermitage every afternoon and Sunday evenings.

TROOPS NOW EAT SNAKES

Mexican Regulars Near Guaymas Are in Terrible Plight—Rebels Cut Off All Food Supplies—Unable to Care For Wounded

Nogales, Ariz., June 25.—Federal soldiers above Guaymas are reduced to eating snakes so completely has the food supply been cut off by the Sonora insurgent state troops, said advices reaching here. Smallpox epidemics in the constitutionalist camps partially equalize the situation.

Despite the demoralization caused by famine and disease on either side, fighting was reported to have continued late yesterday. The insurgents attacked Ojeda's column from both the front and rear. Many were reported killed, while the wounded he unattended on the field.

State officials insist that the federalists steadily are losing ground in the continued battle, while their ranks are being depleted by desertions.

To Assist in Attack.

Douglas, Ariz., June 25.—Colonel Juan N. Medina, a constitutional leader of Chihuahua state is expected here today to take charge of an expedition of Sonora regulars to assist in the projected attack on Juarez, Mexico, opposite El Paso, Texas. He will organize his forces at Agua Prieta, opposite this point. The reported determination of General Villas' insurgent forces to attack the border town led to a decision of Sonora officials to assist by a movement from the western border state.

Free Concert at the Hermitage every afternoon and Sunday evenings.

FRUIT CROP PROSPECTS

IN BOX ELDER ARE GOOD Brigham City, June 24.—Fruit crop prospects for the season look excellent in this city and vicinity. The strawberry crop was a failure, a short crop and small acreage, but the cherry crop is making up for the strawberries. The crop of the present season will be the largest ever harvested in Brigham City. There seems to be a good market for the fruit, and prices paid to the grower so far has ranged from 4 to 6 cents per pound.

Raspberries are coming on now, and from present indications there will be an excellent crop. The Mantua strawberries commenced the first of the week, and while the crop is not as large as usual the berries are large and well flavored.

Every other variety of fruit is showing up well here, and if the markets for peaches is improved, fruit growers will have an exceptionally good year.

WILL ABIDE BY DECISION

Seven Railroads Operating in Minnesota Agree to Place in Effect the New Rates on July 10—Refunds on Overcharges

St. Paul, June 25.—Seven railroads operating in Minnesota last night agreed to abide by the terms of recent decision of the United States supreme court in the Minnesota rate cases and announcement was made that the new rates probably would be placed in effect by July 10 and that refunds of overcharges would be made in all cases where proper proofs of such overcharges were produced.

Following a conference between representatives of nine railroads and the state warehouse commission telling of the agreement which had been reached and carrying the signatures of seven of the railroads. The statement was not signed by the Rock island nor by the Great Western, these roads having claimed their earnings were on a par with those of the Minneapolis and St. Louis roads and that the rates would be confiscatory.

Following is the statement issued after the conference: "In accordance with the decision of the United States supreme court in the Minnesota rate cases, sustaining certain rates as to the Great Northern and Northern Pacific railroad companies, the undersigned railroad companies, in all probability, not later than July 10, will place in effect the merchandise rates fixed by the commission's order of September 6, 1906, the commodity rates and passenger rates and the rates to distributing centers fixed by the commission's order of May 2, 1907."

"It is hereby announced that the railway companies are prepared to immediately entertain properly supported claims for the period during which the rates were enjoined, and to make prompt payment thereof shortly following the dissolution of the several injunctions."

"And expenses for prepaid bill of lading should accompany all claims for refunds presented."

"Claims may be presented directly to the subscribing railway companies or filed with the railroad and warehouse commission."

(Signatures)

Railway and Storage House Commissioners

"Chicago, Burlington and Quincy Railroad company."

"Chicago, Milwaukee and St. Paul Railway company."

"Chicago and Northwestern Railway company."

"Chicago, St. Paul and Minneapolis and Omaha Railroad company."

"Great Northern Railway company."

"Minneapolis, St. Paul and Sault Ste. Marie Railroad company."

"Northern Pacific Railroad company."

Do you know about the many new attractions for the children at The Hermitage?

U. C. T. FUNERAL FUND.

Columbus, O., June 24.—Providing for the creation of a funeral fund and the payment of a \$200 funeral benefit to the families of members an amendment to the constitution of the National Secretary Treasurers association of the United Commercial Travelers was adopted by that organization at its annual meeting here today. Claude C. King of Sioux City, Ia., was elected president.



Fit—Style—Wear—these are the qualities you have a right to demand in silk gloves. The style and durability of

FOWNES GLOVES

are the result not only of choicest silk and expert workmanship, but of the wonderful way in which they fit and hold their shape.

Fit, style and wear;—the name Fownes assures them; but remember you pay no more than for the other kind.

Double tips, of course,—and a Fownes guarantee in every pair.

All lengths, sizes, shades, at all good dealers

BURT'S

DEATH ROLL INCREASING

Firemen Battling to Recover Two Bodies in Big Grain Elevator Fire—Victims in Hospital Succumb to Injuries

Buffalo, N. Y., June 25.—Three bodies were dug out of the smoldering ruins of the Huested Milling company elevator today, two more are visible in the debris, and two of the victims succumbed to injuries, bringing the total of the dead from the explosion and fire up to eleven. The bodies recovered today were so badly charred that identification was impossible.

Anthony Kruger and William Widowsky, both of whom were frightfully burned, died at the Emergency hospital, and of the sixty explosion victims, many are so badly injured that recovery is not expected.

High up in a shattered cupola of the mill two companies of firemen are battling to recover two and possibly more bodies of dead men. From the upper windows of the concrete section of the elevator and from the Elk street viaduct, the bodies are plainly visible. Great clouds of smoke from the burning ruins below make the recovery of the bodies difficult.

Just how many bodies are in the cupola, neither the police nor the firemen are able to say with certainty. No men were at work there and it is believed those who died there fled to the tower following the explosion and were caught by the flames.

Careful checking up of the employees time cards has accounted for all but eight men.

Firemen poured streams of water on the ruins all night, but the debris is piled so high that it will be days before it can be cleaned and complete search made.

25c to Ogden Canyon and return, including Free Concert and Free Dance

STATE NEWS

NARROWLY ESCAPES DEATH

Price, June 24.—Frank Blake, aged 23, is in the county hospital here as the result of being hit by a light engine running between Helper and Castle Gate Monday night. He was caught on a bridge and nearly drowned before the engine crew could rescue him. He suffered several broken ribs and was injured internally. The injured man was taken to Helper and later placed on train No. 2 and brought to the county hospital here.

DRUGGISTS MEET

Provo, June 25.—The annual convention of the druggists of Utah will open in this city today, when 200 delegates gather to discuss subjects pertaining to pharmaceutical operations. Probably the most important subject to be discussed will be whether the drug stores of the state shall close on Sunday. It is possible that if it is not voted to close the stores on Sunday it will be arranged to close them at least a few hours during the day.

COURT MAKES SPEED RECORD

Price, June 24.—The criminal cases for this term of district court have been concluded with a speed never before equaled at a term of court in this city. Thirteen cases were tried in six days and the district attorney secured eight convictions. Sheriff Keller will leave for Salt Lake tomorrow with eight prisoners. Two embezzlement cases against former county officials are yet to be heard.

STRIKER IS SENTENCED

Provo, June 24.—George McCue, the I. W. W., who was arrested for breaking up the Utah Construction company's power house strike at Tucker during the strike, was found guilty here today and given seventy-five days in jail. As a defense, McCue entered a denial of the charge.

CONVICTED ROBBER SENTENCED

Price, June 24.—John Thompson, who was convicted of highway robbery last Friday, was sentenced today to not less than five years in the penitentiary. Under the new law this may mean a life sentence.

PLAN SANE CELEBRATION.

Price, June 24.—The people of Price have donated liberally for a July 4 celebration, with the distinct understanding that fireworks, cap pistols, dynamite cakes and all other dangerous inventions shall be tabooed. In place of fireworks the committee has arranged for a good baseball game, horse and foot races, motorcycle and automobile races and a big dance in the high school gymnasium in the evening. A special committee has been appointed to provide innocent amusement for the little folks.

JAIL BREAK ATTEMPTED.

Price, June 24.—A jail break was narrowly averted here tonight by the watchfulness of Sheriff Keller. Believing that something of the kind might be attempted by the prisoners, he searched while the prisoners were at supper. In the cell occupied by Thompson and Norton it was found that the prisoners would have been gone by morning. They had fashioned a saw out of a piece of steel obtained from a shoe and had been sawing at the bars for some time, concealing their work by hanging a picture out from a magazine over it.

Free Concert at the Hermitage every afternoon and Sunday evenings.

The sporting editor of the St. Louis Times says: "Baseball is a noble sport—as played—but baseball is a business—as owned."



Every Woman Should Own A

New Perfection Oil Cook-stove

It means a clean, cool kitchen, less work and better cooking.

The New Perfection is always ready for use. No wood to cut—no ashes to carry—no smoke—no soot. Made with 1, 2, 3 and 4 burners; towel racks, drop shelves, etc. Indicator marks amount of oil in font.

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Last Opportunity Strawberries, per case \$1.50

With Every Case Order we fill Give Free Delivery Telephone 23

UNB

THIS IS THE TIME

to think about Absolute Protection for your valuables.

It may be too late when fire breaks out, or burglars come.

For a small charge you can rent a Safe Deposit Box in the Fire and Burglar Proof Vault of the Utah National Bank and know that everything you place there is Secure.

Safe Deposit Boxes for Rent \$2.00 and up per year

UTAH NATIONAL BANK OF OGDEN

OUR PHONE NUMBER IS 315

But, as the telephone company did not put it in the new book we have arranged it so you will only need to say: "BROWN ICE CREAM" to Central. She'll do the rest.

N. B.—A yellow packer returned to us entitles you to a quart of ice cream free.

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WE DELIVER. 2456 Lincoln PHONE 315.

The secret of good coffee is the blending; same thing with flour. A blend of the choicest varieties of dry farm wheat, the cream of Utah's and Idaho's grain fields, makes

Crescent Flour

We think it is just the best ever. If you don't think so, you can get your money back.

Old shoes that go through our repair department look almost like new when they come out.

Clarks'

"Seek and ye shall find," but not necessarily the political office desired.



EXCURSIONS

FROM Ogden and Salt Lake City TO

EAST AND RETURN

Missouri River Points.....\$40.00

St. Louis, Mo.....\$52.00

Chicago, Ill.....\$56.50

St. Paul and Minneapolis, Minn.....\$55.70

Peoria, Ill.....\$55.40

Memphis, Tenn., via Kansas City, St. Louis or Amarillo.....\$59.85

Also reduced rates to other points. Stop-overs Allowed.

Return Limit, October 31st.

June 21, 28, 13, 14.

July 2, 5, 10, 19, 23, 31.

August 1, 9, 10, 11, 16, 22, 28.

September 10 and 11.

For further information address

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233 Judge Building,

Salt Lake City, Utah.

People are always accusing an "old

rest inhabitant" of remembering

things that never occurred.